



NBRC Gym Schedule

November



NBRC Closed on Thanksgiving Day Thursday November 24th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-7:30	Open Gym 6:30-8:30					
6:30am							
7:00am							
7:30am	Drop-in Fit For Life 7:30-8:30	Drop-in MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30	Drop-in MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30		Open Gym
8:00am							
8:30am	Drop-in Pickleball 8:30-10:30	Open Gym 8:30-1:00	Drop-in Pickleball 8:30-10:30	Open Gym 8:30-1:00	Drop-in Pickleball 8:30-10:30	Barbell Circuit 8:30-9:30	Drop-in CoEd Volleyball 8:30-12:30
9:00am							
9:30am							
10:00am	Drop-in Fit For Life 10:30-11:30	Open Gym 8:30-1:00	Drop-in Fit For Life 10:30-11:30	Open Gym 8:30-1:00	Drop-in Fit For Life 10:30-11:30	Tennis 9:45-12:15	
10:30am							
11:00am							
11:30am	Drop-in Adult Basketball 11:30-1:30	Drop-in Senior Basketball 1:00-2:30	Drop-in Adult Basketball 11:30-1:30	Drop-in Senior Basketball 1:00-2:30	Drop-in Adult Basketball 11:30-1:30	Open Gym 12:15-7:00	Open Gym 12:00-8:00
12:00pm							
12:30pm							
1:00pm	Open Gym 1:30-2:30	All Ages Basketball 2:30-5:00	Open Gym 1:30-5:15	All Ages Basketball 2:30-5:00	All Ages Basketball 2:30-5:00		
1:30pm							
2:00pm							
2:30pm	All Ages Basketball 2:30-5:00	Tennis 2:45-5:00	All Ages Basketball 2:30-5:00	Tennis 3:15-5:15	All Ages Basketball 2:30-5:00		
3:00pm							
3:30pm							
4:00pm	Set-up	Open Gym	Set-up	Open Gym	Open Gym 5:00-7:30		
4:30pm							
5:00pm							
5:30pm	H.I.I.T. 5:30-6:15	Barbell Circuit 5:30-6:30	H.I.I.T. 5:30-6:15	Barbell Circuit 5:30-6:30	Open Gym 5:00-7:30		
6:00pm	Takedown	Women's Wkt 6:00-7:00	Takedown	Women's Wkt 6:00-7:00			
6:30pm	Kickball 6:30-9:30	Open Gym 7:00-9:30	Drop-in Adult Basketball 7:00-9:00	Open Gym 7:00-9:30			
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm	Open Gym						
9:30pm							

NBRC will open at 8am on Thanksgiving Friday 11/25

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)